

## Freestyle BC - Club - Training Plan

Training Name: \_\_\_\_\_  
Arrival Date: \_\_\_\_\_  
Training Start Date: \_\_\_\_\_  
Training End Date: \_\_\_\_\_  
Lead Contact: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_

Requirements of all participants:

- Sign the read, agree to and sign the Consent Form in Appendix A
- Read and understand Appendices B and C
- Nobody with any COVID-19 symptoms may participate in the camp
- If a participant has any questions, they should ask a Freestyle BC staff member.

### Overview

Location	
Regional Health Authority and contact information	
Lead Coach	
Other Staff Participating	
Athletes	
Description	
Length of camp/training	
Strength & Conditioning	
Medical Oversight	

### Travel Plan

Description of travel to Destination	
Transfer from hub (airport)	
Self-drive	
On site transportation	

**Housing Plan**

Property	
Type (hotel, etc.)	
Rooming	
Cleaning	
Facilities included (kitchen, etc.)	
Housing Contact	

**Food and Beverage**

Facility (self, restaurant)	
Food supply chain (type, distance, plan)	
Cook (self, hired, etc.)	
Food storage	
On-hill nutrition	
Servers	
Cleaning	
F&B Contact	

**Technical Training Plan**

Venue (hill, ramp)	
Access (lift, sled plan)	
Staff (drivers)	
Course prep.	
Training plan (i.e. individual instruction)	
Other (chlorine in the pool, etc.)	
Venue Seating	
Venue Contact	
Restroom	

Other considerations	

**Auxiliary Training Plan (if applicable)**

Venue (gym, etc.)	
Access	
Staff (trainers)	
Operation	
Cleaning plan	
Venue Contact	
Training plan	

**Safety Considerations**

General	Total number of participants	
	Risk level of activity	
	COVID-19 testing	
	Other teams?	
	Outside contacts (cleaning staff)	
	Health checks (daily temp and symptom questionnaire)	
	Isolation plan (if needed – U.S. coach, etc.)	
	First Aid / Patrol plan	
Specific	Physical distancing considerations	
	Non-medical mask use (type, protocol)	
	Disinfecting / cleaning of items (use of gloves, tow ropes, etc.)	

**Isolation Plan (in case of symptoms)**

Isolation Location (Isolation in place until cleared by medical)	
Emergency contact number (911)	
COVID info contact	
Closest Emergency care centre	
Transportation plan in the event of escalation (driver, PPE, etc.)	
Local resources (medical)	
Food delivery	
Contact protocol	

**List of Medical Equipment**

	Available	Number
N95 Masks (for emergency)		
Non-medical masks		
Non-Contact Thermometer		
First Aid Kit		
Trash bags		
Disinfectant (concentrated liquid for cleaning surfaces)		
Rags, mops		
Disposable rubber gloves		
Hand sanitizer / wipes		

**Other Information (anything else...)**

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## Appendix A: Acknowledgment of Consent

As a participant of the Park & Pipe Jump Camp being held at Whistler Olympic Park in June 2020, I understand that Freestyle BC has been working closely with their medical staff as well as the local health authorities to reduce the risk of transmission of the COVID-19 virus. Knowing they have taken all possible precautions, there is currently no guarantee that I will not somehow be exposed to the virus and I accept this risk.

As a participant I agree to the following:

- I will follow the current guidelines as outlined by the local health authority. These include but are not limited to physical distancing, limiting people in a vehicle, self-monitoring of symptoms, etc.
- I have not traveled outside of Canada in the past month. Note: I understand that if I have been outside of Canada in the past month, I must have undertaken self-isolation for the past 14 days (per the recommendations of the local health authority) Anyone who cannot meet this condition must not participate in the camp.
- I have not knowingly been exposed to someone suspected of having COVID-19. Note: Anyone who cannot meet this condition must not participate in the camp.
- Unlike Sesame Street, we no longer share. No sharing of water bottles, towels, etc.
- I will personally pack all garbage and waste back to my housing (or an approved receptacle)
- If I suspect I have any symptoms of COVID-19 or I feel unwell, I will immediately declare this to the coaching staff and take isolation precautions (see Appendix B)
- I will respect a complete social media blackout – I will not share that I am at a training camp or any of my activities. Any violations will result in my immediate removal from the activity.
- I understand that there are risks of travel and training during a pandemic. While Freestyle Canada is taking all possible precautions, I acknowledge I am attending the activity at their own risk.
- If I develop symptoms of COVID-19 I understand I will be responsible for the costs of my isolation, care and extended travel. Freestyle Canada will continue to support/coordinate my logistics and will me support wherever possible.
- I have read and will adhere to the COVID-19 information in Appendix B and Appendix C
- If I feel I have been undertaking risky activities or behaviour I will not participate in the camp
- I understand that every participant is expected to bring the following items for their personal use:
  - Non-medical face mask
  - Portable chair/stool
  - Hand sanitizer and/or disinfectant wipes
  - Personal towel, water bottle
  - Optional: latex gloves (or similar)
  - Recommended: Personal thermometer

Signed:

\_\_\_\_\_

Date: \_\_\_\_\_

**Appendix B – COVID 19 fact sheets, BCCDC Prevention and Hand Washing Guidelines**

The Government of BC has provided the following information about COVID-19

[About COVID-19](#)


[COVID-19 Guidelines for Public Washrooms and Showers](#)

The VCH Guideline for Pools:

<http://www.vch.ca/Documents/COVID-19%20Guidelines%20for%20swimming%20pools.pdf>


The BC Centre for Disease Control COVID-19 information

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>





# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health












## Hand Hygiene


**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**  **Either will clean your hands: use soap and water if hands are visibly soiled.**




**Remove hand and wrist jewellery**

HOW TO HAND WASH		HOW TO USE HAND RUB
 <p>1 Wet hands with warm (not hot or cold) running water</p>	 <p>2 Apply liquid or foam soap</p>	 <p>1 Ensure hands are visibly clean (if soiled, follow hand washing steps)</p>
 <p>3 Lather soap covering all surfaces of hands for 20-30 seconds</p>	 <p>4 Rinse thoroughly under running water</p>	 <p>2 Apply about a loonie-sized amount to your hands</p>
 <p>5 Pat hands dry thoroughly with paper towel</p>	 <p>6 Use paper towel to turn off the tap</p>	 <p>3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)</p>

COVID19\_JH-L001




BRITISH COLUMBIA  
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BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



## Appendix C – Additional Information

How the virus spreads:

- COVID-19 is transmitted through tiny droplets of liquid produced by people who have the virus. These droplets spread by:
  - Coughing, sneezing, talking, laughing or even singing
  - Touching objects or surfaces the virus has landed on and then touching your eyes, nose or mouth (bath towels, kitchen utensils, door knobs, etc.)
- People who have COVID-19 can spread it to others before they start to feel sick.
- COVID-19 is not airborne, which means it doesn't stay in the air long and won't go very far. But if you are too close to someone with COVID-19 you can get sick by breathing in air that contains droplets with the virus.
- Health authorities believe the virus generally only survives for a few hours on a surface or object, but it may be possible for it to survive several days under some conditions.

COVID-19 Health Risks

- COVID-19 can cause serious respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.
- Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.
- While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes.

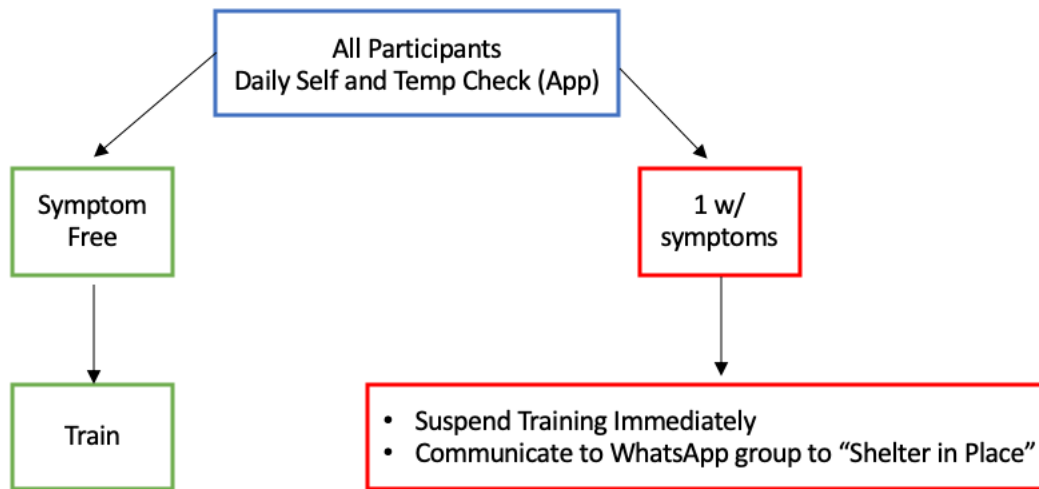


## Appendix D – Contingency Medical Response Plan

### Key Contacts:

- All participants – ex. What's App Group Chat
- Lead Coach –
- Program Director -
- Club President -
- RMO –

### Flow Chart:



#### Coach

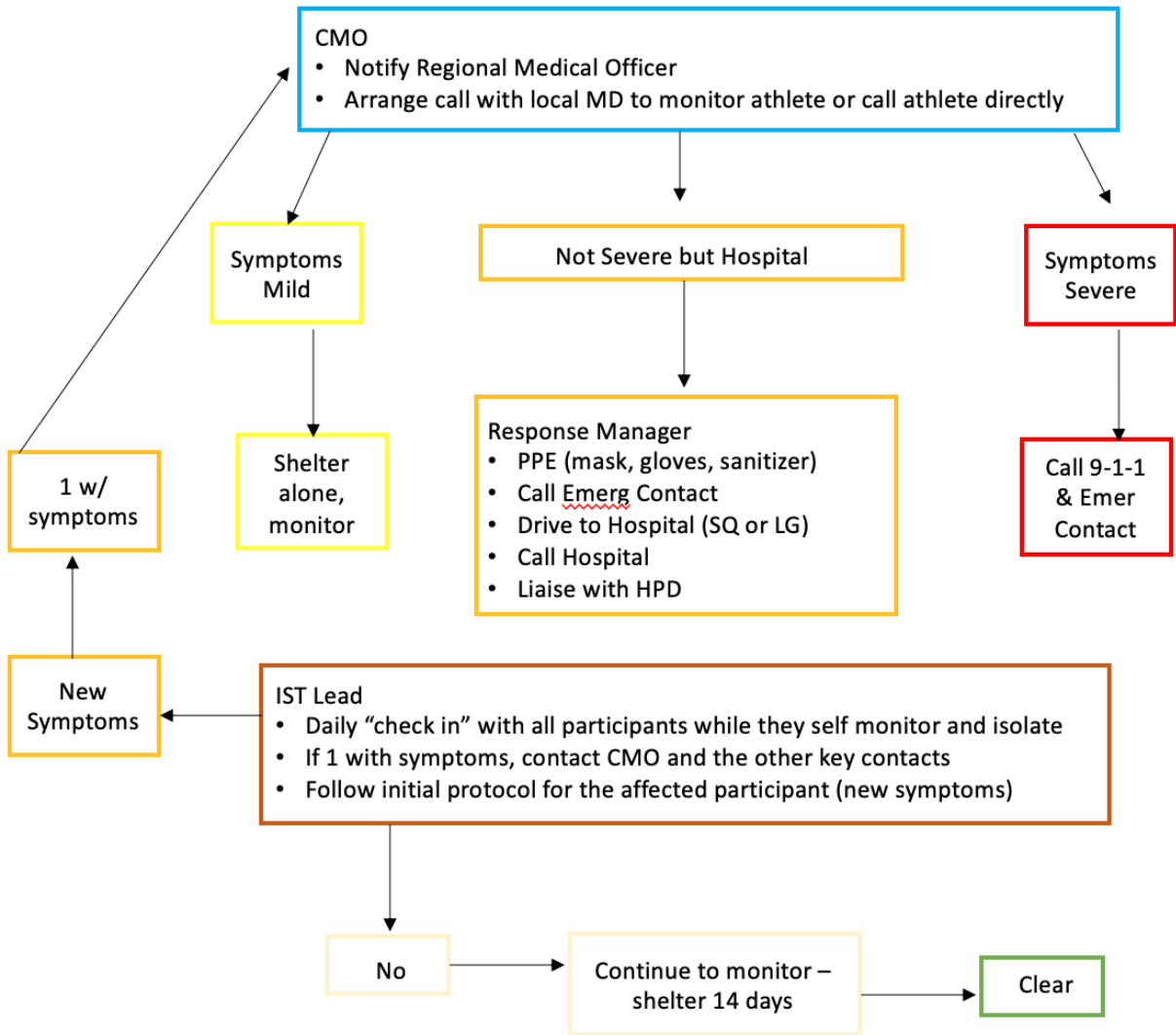
- contact CMO, IST Director and HPD Immediately then "Shelter in Place"
- If symptomatic participant is severe, 9-1-1

#### HPD

- Provide "head's up" to CEO, Comms, Canadian Snowsports and Response Manager

#### Response Manager

- Be available for contactless grocery delivery
- On Stand by





# Coronavirus COVID-19

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## Coronavirus Prevention



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.



**WEARING A MASK IS NOT AN EFFECTIVE MEASURE TO KEEP YOURSELF SAFE FROM VIRAL INFECTION.**



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